

FULLY INVOLVED

VOLUME XIV

JUNE 2011



**Fire Chief
Dale Ekins**

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“A Hole In the Roof”

A few years ago, a good friend of mine told me he had a leak in his roof. When it rained or snowed, water would start dripping from his ceiling in several places. He would rig up buckets and newspapers to help catch the water that invaded his home. He noticed that in time the leaks increased in size and seemed to be getting worse. The water even started coming out of one of his light fixtures. When the sun came out and the weather was fair, he seemed to forget about the leak because it was not reminding him it was a problem with the incessant drip, drip, drip. However, until the roof was repaired, the leak did not get any better. In fact it worsened in time with the insulation, wood and sheetrock being soaked with water it started to deteriorate. It was not an area of focus when it was good weather when everything seemed to be back to normal. We all tend to put our efforts into those things that get our attention or seem to be causing us problems. The bottom line is that we address and put effort into the things that seem to be of most importance at the time. “The squeaky wheel gets the grease”.

As leaders in the fire service, we put emphasis on preparation for our events. We make policies about checking our equipment regularly and making sure our supplies on our ambulances are where they are supposed to be. The dates on our medications are checked regularly to insure they are ready to be used and effective. Our fans, extrication equipment, hoses, compressors, SCBA's as well as all other equipment we use are tested and checked to make sure they will perform when needed. A great deal of time goes into physical preparation of our equipment we use on our emergencies. Our success depends on the readiness of our equipment. It is too late to worry about a drug that has not been replaced from the last call when our patient is suffering and needing the relief that medicine would offer on the way to the hospital.

Likewise we spend a lot of time with physical fitness in making sure our bodies are ready to perform at our calls whether it is a working structure fire or a 300 pound lift of a medical patient onto a stretcher. Our recent requirement to finish the “wild land fire” run or walk is part of this readiness to protect you from injury while you are doing what we do. The effort you spend in preparing yourself now will pay you dividends in the future when you push yourself physically at one of our unscheduled, unpredictable emergency events. The daily workouts you do with your crews is individual and will be somewhat like “fixing the leaky roof” before the rain comes.

Our intent for you is to keep your focus on your preparation with our equipment, engines, your physical conditioning and your knowledge so that when “fecal matter hits the fan” we are ready to offer our customers the best service they expect and deserve. In this way, we keep our vision of being the best fire department in the valley.

EXPERIENCE

So, I get a call from Shad asking if I would contribute an article for the newsletter. Any subject would be fine he said. My first thought was to “borrow” a few lines from Rick Lasky’s, *Pride and Ownership*, of which I am a true believer. The next idea was to hit you with another round of Positive Pressure Attack. I quickly realize I have been hitting that subject rather often lately. But, while I have your attention, remember to ALWAYS have adequate exhaust and let the blower do its job before making entry.

Then it came to me! A subject that has been weighing heavy on my mind for quite some time. I was reminded of it a short time ago from a conversation with a friend. The issue, can a person with relatively few years in the fire service, have the ability and skills to be an effective leader? I think most would agree it is possible. It is dependent on several qualities. One of those qualities I would like to address is **experience**. Whether it be experience gained on the job or experience learned in our everyday life.

Job experience does not always come from having several years on the job in the fire service. Job experience comes from using, to the fullest, the time you have worked on the job. I feel this is directly affected by one’s work ethic. Learning how to work is taught at an early age and is a difficult habit to change by the time you have reached the work force. A few ways to gain job experience early on is to take advantage of opportunities as they come your way. Taking classes when offered by the department and, even more important, taking classes on your own time. Finding a need in the department and taking it on even if you have no idea how to complete it. You will figure it out. Maybe you recognize a need in training for the department and take the lead by putting together a program to fulfill the void. You are only limited by your imagination.

Life experience also plays a huge role in shaping fire service leaders. We all should learn from events that happen to us on a daily basis. Some people have life changing events early on. These events can range from great things to the most tragic of events. It can be easy to learn lessons from favorable events that happen to you. But, as I think we all realize, it is how we deal with and learn from life’s hard lessons and use them to better ourselves that shapes our character. I believe this has a great influence on our leadership abilities.

Some may say these opportunities do not seem to come my way. Those, that are successful, will not sit on their butts waiting for something good to fall in their laps; they go out and make opportunity come their way and take advantage of it. Others are of the opinion that it all has to do with luck. It has been said that luck is a matter of preparation meeting opportunity. Thomas Jefferson stated: “I find that the harder I work the more luck I seem to have.”

To be an effective company officer, you must have a deep-seated desire and drive to lead your personnel and yourself. Assess your leadership skills; identify your strengths and weaknesses. It is often easier and sometimes less painful to identify strengths than weaknesses. Request assistance from your peers, bosses and subordinates. Keep in mind what you are asking them to do and be prepared for some harsh truths about your leadership skills. For many aspiring company officers, one mentor may not possess all the qualities or experiences necessary for them to gain the knowledge they need. Seek out multiple mentors, if needed.

Remember, it is not just one person’s fire department. It is our citizens’ fire department and they are allowing us to serve them. It is our responsibility to be prepared to deliver the highest standard of service. If you keep this in mind when making decisions, you will have a long and satisfying career.



Captain Robert Stanley



“Day in the Life of a Firefighter”

First of all I would like to thank everyone who helped to make this year's event such a success.

This is a program that was started 4 years ago and has gotten bigger and better each year. I really don't know what we are going to do for next year's event that will top this year's event.

The event was well attended and supported by people from a wide variety of backgrounds, ranging from business owners, to the Lehi City Mayor Bert Wilson, to the everyday citizens.



Engineer Randy Harding

This was a great opportunity for us as a department to open our doors to the public and get to interact with them in a non emergent situation.

The truth is many of our customers may never need our services (or at least that is our hope), we are not the people you call because everything is going good.

But it's great to let them know that we can and will be there for them and their loved ones in a time of need.

I had a friend that would always ask me what I did as a Firefighter. “I mean there aren't that many fires in Lehi right”.

That is what I love about the “Day in the Life of a Firefighter” program, it lets us show people what we do. I can tell you that I responded on 4 medical calls and 2 motor vehicle accident and we responded to a structure fire the last time I was at work and that sounds cool, but letting the participants perform some of these tasks brings it to a whole new level.

I can't count the number of times people said to me, “I had no idea you guys did that” or “this is heavier than I thought” or my favorite, “that is a lot harder than I thought I can't believe you guys do that every day”. It's nice to get the word out that Lehi Fire is **more than just fire**.

To sum up this year's event Good food, Good people and Good fun.

Thanks again to all of those who supported this year's event and all of those who go out of your way to make Lehi Fire the best.



"Day in the Life of a Firefighter"



JUNE BIRTHDAYS

-DARREN WRIGHT 6/6
-JON TILLS 6/21
-PAUL LARSEN 6/28





Engineer Dan Harris

Lehi Firemen's Association Update

I have been asked to write a bit about the Lehi Fireman's Association. As you may know, beginning in January the new leadership of the Association took effect. I became the President, Ryan Kimball became Vice President, Clark Clifford became 3 year board member, Captain Jake Beck and Eddie Hales are both 2 year board members while Trent Stanley and Scott Wilbur are the two 1 year board members. Randy Wells continues to do a fantastic job serving as the treasurer.

Currently the association is involved in helping with the Pink Heals tour that is scheduled to come through Utah the second week of June. For those of you who may not be familiar with the Pink Heals, it is a group that tours the country in a pink fire trucks, with pink turnouts and pink SCBA's in order to bring cancer awareness. The Pink Heals primary objective is to help local communities raise money to help those in their community affected by cancer. Here in Lehi, we have committed to helping Burdette Powell who served for 15 years on the Lehi Ambulance and is currently fighting bone cancer. The association has donated \$500 to the cause as well as helped in the other fundraising efforts.

Last year the association tried something new with the foam day celebrations, we hosted a hot dog stand in an effort to raise money for the association. The event turned out to be very successful, we were able to raise \$750! Given the success of last year's inaugural event, we have committed to doing it again this year. So anyone interested in helping out please contact me, we can definitely use the help.

Right now the Lehi Fireman's Association is in a transition period. Over the last few years, as the LFD has gone through several exciting advances and changes, it has changed the dynamic of the association. Due to the changes many of the bylaws are irrelevant and in need of updating. Over the next few months, we as the association board will be looking at how to bring the association up to date and become more conducive to the changes in the dynamic of the department, in order to better serve everyone's needs. Ideas and suggestions are welcome. Please email me at dharris@lehi-ut.gov.

CALL TOTALS

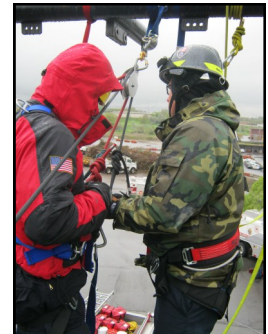
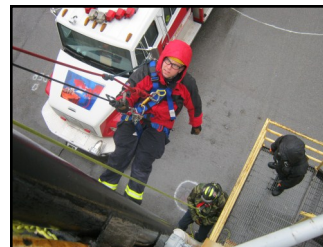
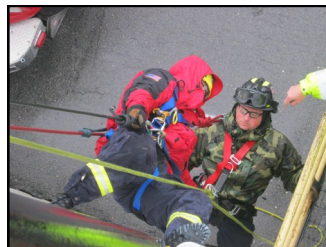
<u>Station 81</u>		<u>Station 82</u>	
Medical:	74	Medical:	37
Fire:	27	Fire:	20
Total:	101	Total:	57

Current Events



**Firefighter
Shad Hatfield**

Once again it's time to brag about our training! Our training division did a great job putting on a Positive Pressure Attack class. A lot of work went into three full days of live fire training which allowed us to gain valuable experience. A BIG thanks goes out to the training division and everyone who pitched in and helped out, especially our PPA guru's Capt. Jake Beck and Capt. Robert Stanley. Another BIG thanks to our administration, without their support we wouldn't have the opportunity to train to this level. It was also great to have participation from Pleasant Grove, Saratoga Springs and Cedar Fort Fire Departments. Lehi FD was also able to send four members to a two week long Rope Rescue Technician and Confined Space Technician course put on by Metro Fire Agency. Rickey Casper, Eddie Hales, Patrick Cullen and Shad Hatfield were able to attend.

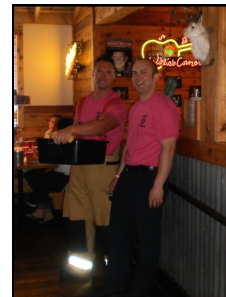
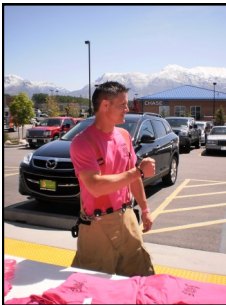
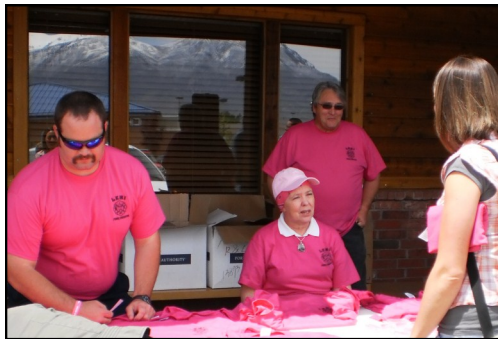


Congrats are in order for Trevor Dorton, Bryce Longaker, Dan Harris and Shad Hatfield of Team Lehi Fire for winning the first annual team competition held at the Timp Trail Marathon!! A public safety competition was held where teams of four members combined times to see who would take the title of "KINGS OF THE MOUNTAIN". We competed against teams from several surrounding fire departments and search & rescue. Each member ran the grueling 26.2 miles of trail across dirt, mud, water, snow and did I mention MUD!! There was nearly 3,000 feet of elevation gain and loss over the race course. We were awarded with a trophy that will be engraved with our names and times which we will have to defend next year.



"A Day in the Life" was held on May 7th which turned out to be very successful. Thanks to Engineer Randy Harding and everyone else that was able to help out!

On May 31st a fundraiser was held at Texas Roadhouse in conjunction with Pink Heals to help out a former member of the Lehi Ambulance, Burdette Powell, in her fight with cancer. Many Lehi firefighters volunteered their time to serve, greet people and bus tables. It was estimated that over 550 people were served. With ticket, shirt and wristband sales along with donations and tips we were able to raise \$7,000.00!! Special thanks to Texas Roadhouse in Lehi and their staff for being a part of this wonderful cause. Also, thanks to Trevor Dorton for organizing the event. Trevor also wants to thank everyone on the fire department that came out to help and the community for coming out to support. Remember to mark your calendars for the Pink Heals Tour which will be coming through Utah June 8th - 11th. Stop by the Scottish Festival on June 10th from 4 P.M. – 8 P.M. at Thanksgiving Point to see the pink fire trucks and check out our Lehi Fire Department booth where you will be able to buy pink shirts, wristbands and balloons and support the fight against cancer. For more information visit www.pinkfiretrucks.org.



Check out the Flickr website below to see some pictures from our latest calls and events. We will keep it updated so check back often.

<http://www.flickr.com/photos/fullyinvolvednewsletter/>

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Bountiful Baskets Food Co-op - station 82
5	6 SRT Training Trench/ Structural	7	8 SRT Training Trench/ Structural	9 Officer's Meeting @ station 82	10	11 Bountiful Baskets Food Co-op - station 82
12	13 Payroll ACLS Training @ Station 82 Metro Meeting @ 825 Training Room	14 Flag Day ACLS Training @ Station 82	15	16 ACLS Training @ Station 82	17	18 Bountiful Baskets Food Co-op - station 82
Fathers Day 19	20	21 ACLS Training @ Station 82	22 ACLS Training @ Station 82	23	24 ACLS Training @ Station 82	25 Bountiful Baskets Food Co-op - station 82
26	27 Payroll Low Angle Res- cue Training @ Station 82/Pt of the Mountain	28 Low Angle Res- cue Training @ Station 82/Pt of the Mountain	29	30 Low Angle Res- cue Training @ Station 82/Pt of the Mountain		

Featured Call

Beginning with the first day of EMT school and throughout my career I remember people talking about how going on specific pediatric calls have impacted them more than any trauma call they've been on. Usually family guys would say these things. I hadn't experienced a real strong emotional connection with pediatric patients until after my daughter was born this year. The call we responded to on May 10, 2011 at 0407 hours made an impact.

Engine & Ambulance 81 were dispatched to an address for a female, 23 weeks pregnant, imminent delivery. We had 2 previous calls that evening so sleep was not in the cards for us. It wasn't until we turned the corner to go west on Main that I realized the dispatcher said 23 weeks pregnant and not 32 weeks. At 23 weeks a baby weighs 1 pound, is 11 inches long and blood vessels in their lungs are just starting to develop. Less than 1% of babies in this country are born before 28 weeks, whereas a child born at 32 weeks premature has a 98% chance of survival.

Dispatch advised that the child had delivered prior to our arrival and the father was performing CPR on the child. Engine 81 called for Ambulance 82 to respond for more hands and transport if necessary. When Company 81 arrived the family was in a large master bathroom. Mother was lying on the floor; father was holding the child which was still connected by umbilical cord to the mother. The father stated that the first one was out. We now realized that we had a second child that would either deliver shortly or be fine in a second amniotic sac. Mother was given high flow oxygen and her vitals were assessed and HX taken. Mother stated she was using the restroom when she felt a rush of fluid and then felt the first child's head between her legs. The cord was clamped and cut on the first child. The child was handed off to A82 who had arrived and then was transported to American Fork ER.

Next issue was trying to get mother out of the upstairs master bathroom, through narrow halls and down cut-back stairs to the stretcher on the first floor. The stair chair proved to be too wide so the blue tarp was placed under her and with as many hands as could fit, navigated the mother safely to the stretcher. Mother was loaded in A81 and was transported to AFER.

Mother stated she was feeling pressure in her back and across her belly. An IV was established and comfort measures were taken to make mother feel calm and relaxed. The second child had not delivered by the time we reached American Fork. Dr. Bentley and a labor and delivery doctor were waiting at the doors to the ER. Mother was taken into room 4 where she eventually delivered the second child. Mother was taken to recovery and was doing fine. Both children did not survive.

I snuck away to the clerk's office where I could get a few quiet moments to clear my head and write up the report. The call replayed in my head throughout the day. I was grateful to see my wife and daughter when I got home the next day.



Firefighter Clark Clifford